What Is Claimed Is:

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- 1. A method of retrieving web-site based information at a target bandwidth, comprising the steps of:
 - (1) receiving a target bandwidth, B_T;
 - (2) calculating a wait time, T_{WAIT} ; and
- (3) delaying data retrieval by said calculated wait time to retrieve at the target bandwidth, B_T .
- 2. The method of claim 1, wherein step (2) comprises the steps of:
 - (A) calculating a start time, T_{START};
- (B) initiating retrieval of data from a remote web-site across a network;
 - (C) detecting a number of bytes received;
- (D) incrementing an aggregate bytes count, bytes_{AGG}, by the number of bytes received;
 - (E) calculating a current time, T_{NOW}; and
 - (F) calculating the wait time, T_{WAIT}.
- 3. The method of claim 2, wherein step (F) comprises calculating T_{WAIT} according to the equation:

$$T_{WAIT} = (bytes_{AGG})/B_T - (T_{NOW} - T_{START})$$

- 20 4. The method of claim 2, wherein step (D) comprises the steps of:
 - (i) incrementing the aggregate bytes count, bytes_{AGG}, by the number of bytes received; and
 - (ii) returning to step (B).

- 5. The method of claim 2, further comprising the step of:
 - (4) creating an instance of a timing module with a spider engine.
- 6. The method of claim 2, further comprising the step of:
- (4) creating a plurality of instances of a timing module with a spider engine.
- 7. The method of claim 5, wherein step (1) comprises the step of:
- (A) passing the target bandwidth, B_T , to the timing module from the spider engine.
- 8. The method of claim 7, wherein step
- (5) implementing steps (2)(A), (2)(C), (2)(D), (2)(E), and (2)(F) in the timing module; and
 - (6) implementing steps (2)(B) and (3) in the spider engine.
- 9. The method of claim 8, wherein step (2) further comprises the step of:
- (G) passing the calculated wait time, T_{WAIT} , from the timing module to the spider engine.
- 10. A system for retrieving web-site based information at a target bandwidth, comprising:

receiving means for receiving a target bandwidth, B_T ; calculating means for calculating a wait time, T_{WAIT} ; and

delaying means for delaying data retrieval by the calculated wait time so that data is retrieved at the desired target bandwidth, B_T .

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11. The system of claim 10, wherein said calculating means comprises:

means for calculating a start time, T_{START};

means for initiating retrieval of data from a remote web-site across

a network;

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means for detecting a number of bytes received;

means for incrementing an aggregate bytes count, bytes_{AGG}, by the number of bytes received;

means for calculating a current time, T_{NOW} ; and wait time calculating means for calculating wait time, T_{WAIT} .

12. The system of claim 11, wherein said wait time calculating means comprises means for calculating T_{WAIT} according to the equation:

$$T_{WAIT} = (bytes_{AGG})/B_T - (T_{NOW} - T_{START})$$

13. A timing system for retrieving web-site based information using a spider engine at a target bandwidth, comprising:

a data receiver for receiving a target band

a data receiver for receiving a target bandwidth, B_T , and at least one bytes count from the spider engine;

a bytes accumulator for accumulating said at least one bytes count received from the spider engine to create an aggregate bytes count, bytes_{AGG};

a current time determiner for determining a start time, T_{START} , and current time, T_{NOW} , for said at least one received bytes count;

a wait time calculator; and

a wait time transmitter for transmitting a wait time, T_{WAIT} , calculated by said wait time calculator to the spider engine;

wherein said wait time is the amount of time the spider engine should wait to initiate a next web-site data retrieval to reach said target bandwidth;

wherein said wait time calculator calculates said wait time as a function of said bytes_{AGG}, B_T , and an elapsed time $(T_{NOW} - T_{START})$.

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14. The system of claim 13, wherein said wait time, T_{WAIT} , is calculated according to:

$$T_{WAIT} = (bytes_{AGG})/B_T - (T_{NOW} - T_{START}).$$